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## SUPPORT PILLOW WITH FLAPS AND METHODS

## ABSTRACT OF THE DISCLOSURE

A support pillow comprises a pillow body having a medial region and two opposing arms a pillow body having a medial region and two opposing arms that define an outer periphery and an inner periphery, wherein the inner periphery defines a generally open well. At least one flap is coupled to the pillow body at the outer periphery to adjust the position of the pillow when worn about a user.

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